



IF you are between the between the ages of 18 and 69 and have ever had sexual intercourse, you need to have a PAP test.

It is important to live in balance.

BALANCE on this path in the circle of life means:

Having regular Pap tests so that cervical changes **can be found early enough** to be treated and cured.

Keeping appointments for any follow-up that is needed.

Asking questions of your doctor, nurse or healthcare provider.

Contents of this pamphlet were used with permission of the Alberta Cervical Cancer Screening Program

For more information, contact your local health care provider, your Community Health Nurse, or the BC Cancer Agency

If you would like the mobile cervical screening program to come to your community, have your Community Health Nurse contact:

For more information on prevention programs, please visit:

www.bccancer.bc.ca/PPI/Screening/Cervical/default.htm

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WHAT Does It Mean If You Have an Abnormal PAP Test?



WHAT is an abnormal PAP Test?

An abnormal Pap test means that cells taken from your cervix look different than normal cells when examined under a microscope.

The Pap test can show different types of cell changes.

WHAT do the Cell Changes mean?

Abnormal cell changes can be mild, moderate or severe depending on how deep the cell changes are on the cervix. They can mean different things:

- Infection or inflammation on your cervix.
- HPV (Human Papillomavirus) is present on your cervix.
- There is a toll-free number on the back of this pamphlet if you have questions about HPV.
- Cancer of the cervix – only a small number of women with abnormal cell changes have cervical cancer.

All of these cell changes can be managed and treated.

Supporting the Health and Wellness of First Nations in British Columbia

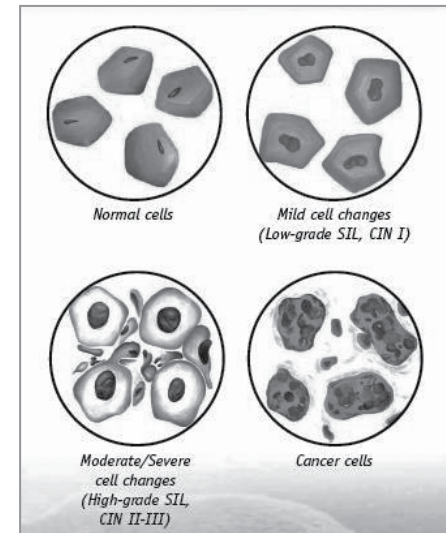
WHAT happens after an abnormal PAP Test?

Your doctor, nurse, or healthcare provider will arrange the next steps for you, depending on your abnormal cell changes.

Usually, one of the following will occur after the abnormal results come back:

- Have a repeat Pap test within 3 – 6 months.
- Have a colposcopy. The cervix is looked at closely with a powerful magnifying tool called a colposcope. It stays outside of the body and helps the doctor see changes better.
- See a gynaecologist (a doctor who specializes in women's reproductive systems).

The following pictures can give you an idea how cells look under a microscope.



Illustrations by Natasha Ivanco & Heather Thornton

Since the Pap test (like many medical tests) is not perfect, it is important to be tested on a regular basis to lessen the chance of missing any abnormal cell changes.

Take control of your health by having a regular PAP Test.

